

Sometimes you need a second chance.

**You have
72 hours to act.**

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In Washington State, women can go directly to certain pharmacies for ECs. Call the EC hotline for information.

- Call your doctor or clinic.
- Call 1-888-NOT-2-LATE (1-888-668-2528) for a list of emergency contraception providers. (confidential and free, English and Spanish)
- Visit the emergency contraception website www.not-2-late.com.

For emergency contraceptive pills:

Just had sex?



Afraid of pregnancy?

Emergency Contraceptive Pills

What are emergency contraceptive pills (ECPs)?

- ECPs are a safe and effective method of birth control that **prevent** pregnancy after sex.
- You should start ECPs within 72 hours (3 days) after unprotected sex if you don't want to become pregnant.
- ECPs are more effective the sooner after sex they are taken.
- ECPs are **not** abortion pills. They will not work if you are already pregnant.

When do I use emergency contraceptive pills?

ECPs can be used if you had unprotected sex in the last 3 days. Use ECPs if:

- You didn't use any birth control.
- The condom broke.
- You missed 2 or more birth control pills or started your pack late.
- Your diaphragm slipped.
- You missed your birth control shot.
- You were forced to have sex.

How do emergency contraceptive pills work?

ECPs prevent pregnancy by:

- temporarily stopping an egg from being released, or
- stopping fertilization of the egg, or
- stopping a fertilized egg from attaching to the wall of the uterus.

ECPs do not protect against sexually transmitted diseases, including HIV/AIDS.

Are there side effects?

ECPs make some women feel sick to their stomach or vomit. Some women may have sore breasts or headaches. These side effects last about one day. ECPs can also cause some women's periods to come a little early or late. They do not affect a woman's ability to become pregnant in the future.

How do I take emergency contraceptive pills?

- Take the first dose as soon as possible within 72 hours after unprotected sex.
- Take the second dose 12 hours later.
- Keep a packet of ECPs at home to use when you need them.

Are there different types of ECPs?

- Yes, different types of ECPs have different levels of effectiveness.
- Taken in special doses, some regular birth control pills can be used as emergency contraception.
- Ask your provider or visit www.not-2-late.com.

**For information on how to get ECPs,
call the national hotline: 1-888-NOT-2-LATE.**



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Sincerely,

Health Education Resource Exchange Web Team